



# USAG – FS/HAAF Safety Gram

Sustaining, Supporting, and Defending Safety Excellence



SG #16-13

## 101 Days of Summer Heat Injuries

Jun 16

**HEAT CRAMPS:** Occur after several hours of physical exertion in the heat.

Symptoms: Painful muscle spasms usually in the legs or abdomen.

Treatment: - Get out of the heat and into the shade  
- Hydrate with water or sports drink  
- Stretch/massage the muscle



Prevention: - Acclimatize to the environment so your body adapts to the heat  
- Hydrate with water or sports drink before & during exercise  
- Avoid exercising during hottest part of the day  
- Wear light, loose clothing & use sunscreen

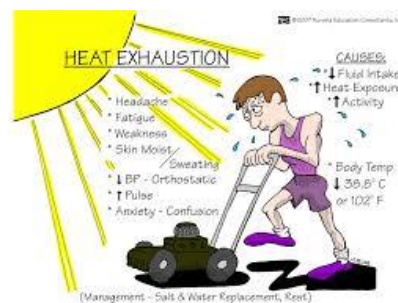
**HEAT EXHAUSTION:** Due to loss of water & salt through sweat.

Symptoms: Headache, nausea, dizziness, weakness, and cool, clammy skin.

Treatment: - Stop and rest  
- Hydrate and get into a cool room or shade  
- Loosen clothing and apply cool wet towels or pour cool water over the head

Prevention: - Acclimatize to the environment so your body adapts to the heat

- Hydrate with water or sports drink before & during exercise
- Avoid exercising during hottest part of the day
- Wear light, loose clothing & use sunscreen



**Manage The Risk – Protect The Force** For additional information contact: Your Unit Addition Duty Safety Officer (ADSO) or Collateral Duty Safety Person (CDSP), or USAG Installation Safety Office: Fort Stewart Office @ 912-767-6541; Hunter Army Airfield Office @ 912-345-4901.



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**HEAT STROKE:** A serious condition when the body's cooling system stops working and core temperature rises to dangerous levels. If ignored, heat stroke can lead to death.

Symptoms: - Red, hot and dry skin

- Rapid but weak pulse
- Rapid but shallow breathing
- Confusion, faintness, staggering, hallucinations
- Unusual agitation or coma

Treatment: - Reduce body temperature by cooling the body

- Remove unnecessary clothing
- Apply water, cool air, wet sheets or ice on the neck, groin & armpits to accelerate cooling
- Seek medical attention immediately



Prevention: Same procedure concerning heat cramps or heat exhaustion  
Remember the life you save could be your own!!

This message is brought to you by your Garrison Safety Office, remember  
Safety is also Your Responsibility!!

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